

















# Bedford Families Unplugged November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Check out the special highlighted activities — more info at <a href="http://www.bedfordma.gov/youth">www.bedfordma.gov/youth</a>				
Congrats on unplugging your electronic devices... and continue to find ways to unplug in December and all year long!						<b>1 Bored?</b> Play a board game with the entire family 
<b>2</b> <b>Flavors of Bedford</b> 4-6 p.m. Doubletree Bedford Glen	<b>3 Pizza Night</b> - Make your own! 	<b>4 Election Day!</b> collect household change and vote on a charity to donate to	<b>5 Text-Free Wednesday</b> Can you talk face-to-face all day?	<b>6 Take a Walk</b> around the block by the light of the full moon 	<b>7 Eat Out!</b> Kids Choice 	<b>8 Organize a neighborhood</b> clean up party and recycle cans and bottles
<b>9</b> <b>Krystallnacht On Town Common</b> 7 p.m.	<b>10 Camp Out Inside!</b> Make popcorn, use sleeping bags, tell stories by flashlight. 	<b>11 Veterans Day</b> Attend the Bedford Memorial Park event at 12 noon	<b>12 Go Fish!</b> Get out the cards and play your favorite card game 	<b>13 Help a family</b> for Thanksgiving - drop off a donation to the Bedford Food Pantry	<b>14 Have Breakfast</b> for dinner tonight! 	<b>15 Clean your closets</b> and donate clothes and coats you don't need 
<b>16</b> <b>Fever Bedford Public Library</b> 2-4 p.m.	<b>17</b> <b>Lego Challenge</b> Bedford Public Library 4-5 p.m. 	<b>18 Eat Out!</b> Parents Choice! 	<b>19</b> <b>Bedford Unplugged Together</b> No homework, No night meetings, No sports... really!	<b>20 Turn off</b> all the lights and have a conversation in total darkness	<b>21 Organize a</b> Relay race or scavenger hunt in your neighborhood	<b>22 Wander in</b> the Town Forest 
<b>23</b> Send a thank you note to someone who has helped you <b>30 Backwards</b> - Eat dinner backwards, dessert first!	<b>24 Take cover</b> - build a fort out of tables and blankets 	<b>25 Kids Cook!</b> Kids plan and cook dinner for parents	<b>26 Read a Book</b> out loud together 	<b>27 Thanksgiving</b> Think of one person you are especially thankful for & tell them why 	<b>28 Count the geese</b> at Great Meadows Wild Life Refuge 	<b>29 Family Choice Day</b> - pick a favorite unplugged activity!

## Bedford Families Unplugged 2014

This year, “Bedford Unplugged” is bringing back the month-long calendar of activity ideas, along with the homework, activity, sports and meeting-free evening on **Wednesday, November 19th**, when folks are encouraged to be home for dinner and enjoy time with friends or family without attention to an outside schedule.

“Bedford Unplugged” is an annual community initiative begun October 2004 to encourage families to pull the plug on electronic distractions and disconnect from overly busy schedules, and to connect with each other through activities with family and friends. It is all too easy to forget having meals with others, making conversation, or bringing people together for fun, games, and relaxation. “Bedford Unplugged” is your reminder to take a break from the hectic times for a day or more. To create greater opportunities for family time and face-to-face interaction, we are sponsoring a second Unplugged event **Wednesday, March 4, 2015**.

The hope is for Bedford children and adults to remember to have a personal mix of connections with others while living in a fast-paced world with its own demands. The idea behind “Bedford Unplugged” is not to eliminate electronics from our lives, but to practice being with those around us — apart from the telephone, movies, video games and TV. This does not come about with one or even two days each year, but setting aside a day or two can be a valuable reminder for all of us to examine how we would like our daily routines to work best.

Look over the calendar and see what strikes your fancy. Make it your own. Do you love ice cream sundae parties? A walk in the woods? Stories and books? Games? Dinner with friends? Crafts? Try something new or old. Create your own special way to unplug, slow down, take a break, and connect. Stay tuned for information about community “Unplugged” activities throughout November 2014. You will also find tips and ideas from folks who practice people-friendly scheduling in various articles through the year. Maybe you have an idea of your own? Let us know and we will pass it on. For more ideas you can try at home, check out Unplugged Play by Bobbi Conner available through the library and [www.thefamilydinnerproject.org](http://www.thefamilydinnerproject.org) website.

Sponsored by **Bedford Community Partnership (BCP)** whose purpose is to *promote, collaborate, and partner strategies that effectively nurture the physical, sociological, and emotional health of Bedford children and families across generations*. Organizations represented in BCP include:

Bedford Selectmen ■ Bedford School Committee ■ Bedford Public Schools  
Bedford Youth & Family Services ■ Bedford Council on Aging ■ Bedford Police Department  
Bedford Fire Department ■ Bedford Recreation Department ■ Bedford Health Department  
BEST Parent Teacher Organization ■ Middle School Parent Association  
Bedford High School Parent Association ■ Bedford Clergy Association ■ Bedford Chamber of Commerce  
Middlesex Community College ■ Bedford TV ■ Bedford Education Foundation ■ Bedford Rotary

**For more information or to share ideas contact 781-275-7727 or visit [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)**

# **Bedford Families Unplugged**

## **Special Activities**

### **November 2014**

**Sunday, November 2, 2014**

**4:00-6:00 p.m.**

**Flavors of Bedford\*\*, Doubletree Bedford Glen Hotel,  
44 Middlesex Turnpike Bedford, MA**

Consider bringing the family to this annual fund raising event for the Bedford Chamber of Commerce which supports our returning veterans and their families through the Heroes For Homecoming Fund. The event features over 20 restaurants and eateries and includes entertainment and prizes. Check out [www.flavorsofbedford.org](http://www.flavorsofbedford.org) for more information and ticket prices.

**Sunday, November 9, 2014**

**7:00 p.m.**

**Kristallnacht Memorial Observance, Bedford Town Common**

Every year, Bedford's faith communities and the Bedford Jewish Community sponsor an interfaith remembrance of Kristallnacht, also known as "The Night of Broken Glass," which marked what historians consider the official beginning of the Holocaust. The remembrance is brief and includes candle-lighting, readings, and the tolling of the steeple bell.

**Tuesday, November 11, 2014**

**12:00 noon**

**Veterans Day observance, Memorial Park**

Join the local community to honor the service of veterans. The observance includes music and remembrances, with a gathering at Memorial Park about 12:00 p.m. Check out [www.bedfordma.gov/veterans](http://www.bedfordma.gov/veterans) or contact Paul Purchia at 781-275-2464 for more detailed information.

**Sunday, November 16, 2014**

**2:00-4:00 p.m.**

**Fever: How Rock Transformed Gender in America at Bedford Free Public Library**

Come hear Emerson Professor Tim Riley discuss "Fever: How Rock Transformed Gender in America." His program last year on the Beatles drew rave reviews and was well-attended. "Fever" might be fun for families with older kids. Call 781-275-9440 with questions.

**Monday, November 17, 2014**

**4:00 – 5:00 p.m.**

**Lego Challenge at Bedford Free Public Library**

Kids in K -- 5th grades are invited to explore the wonderful world of Legos. We will challenge you with a theme or you can build your own creation. Afterwards, your model will be put on display in the case outside the Children's Room. We have loads of Legos to build with, so just bring your imagination! Call Nancy Tegeler at the Library, 781-275-9440 with questions.

**Wednesday, November 19, 2014**

**6:00 p.m. on!**

**Bedford Families Unplugged Together**

**No homework, no sports, and no required evening activities for Bedford Public School students**

Enjoy dinner together with your family and friends and catch up on conversation, fun, and relaxation without other distractions!

**\*\*All Activities FREE Unless Noted\*\*!!**